

Diabetes

NEWS

Baptist-South Miami Diabetes Care Centers

January — March 2007

It's time to test your Diabetes IQ

How much do you know about diabetes? If you have diabetes, knowledge is important because it can keep you healthy and prevent or delay the serious complications of the disease. Take this quiz and see how you do. If you get two or more wrong, or if you feel you would like more information, come see us at the Diabetes Care Centers!



Q. The blood test that measures average blood sugar over a period of months is called an A1C test, and this is a good predictor of developing diabetes complications.

A. True. The result of an A1C test is very significant because it correlates with the risk of developing complications. The higher the A1C result, the higher the risk for heart disease, stroke, amputations and kidney and vision problems. You can delay or prevent the risk of developing complications by keeping your A1C levels below 6.5 percent.

Q. People with diabetes must not drink alcohol.

A. False. A person with diabetes may drink alcohol in moderation when the blood sugar readings are within target range and triglycerides and blood pressure are normal. Moderate consumption of alcohol is defined as one alcoholic drink per day — 4 ounces of wine, 1 1/2 ounces of hard liquor, or 12 ounces of beer. Avoid sweet wines, liqueurs and sweetened mixed drinks.

Alcohol should always be consumed with food because drinking on an empty stomach will increase the risk of hypoglycemia (low

blood sugar reaction). Alcohol tends to be high in calories, so make the alcoholic drink part of your meal plan. One drink equals one serving of fat.

Q. A chocolate bar is a good choice to treat hypoglycemia (low blood sugar).

A. False. Chocolate bars are high in fat as well as in sugar. Fat slows down the absorption of sugar. Thus, a chocolate bar could take hours to raise the blood sugar. A fast-acting carbohydrate such as juice — a much better choice — will raise the blood sugar in minutes, as will hard sugar candy, such as Lifesavers.

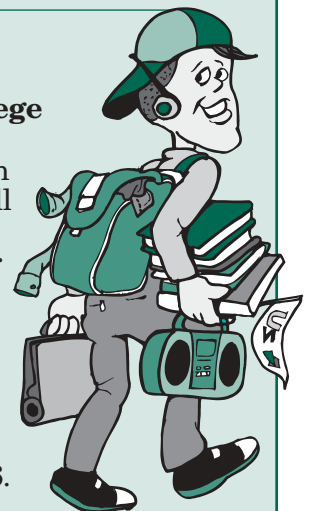
Q. It's important to walk barefoot around the house to air out your feet and prevent fungus.

A. False. To protect the feet and prevent

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Off to college

“Getting Ready for College with Diabetes,” a health fair for college-bound students with diabetes and their families, will be presented by the Baptist Hospital Diabetes Care Center on **Saturday, April 28**, in the Baptist Hospital Auditorium, 8900 N. Kendall Drive, from **9 a.m. to 12 noon**. The program is free, but registration is necessary. For more information, call **786-596-3696**.



Baptist Hospital & Baptist Children's Hospital
786-596-3696



South Miami Hospital • 786-662-5168
Homestead Hospital • 786-596-3696

From the Administrator

January is the month for resolutions, most of which are broken by February. But here's one resolution you can make that will be easy to keep, and it will improve the health, longevity and well-being of your family and friends.

One-third of the 20 million Americans with diabetes today don't know they have the disease, and the same is true for most of the 40 million who have pre-diabetes or metabolic syndrome. It means that they are at high risk for all of the complications of diabetes — heart disease, blindness, kidney failure, amputation — and don't even know it. So here's the New Year's resolution:

Once a month, ask at least one person if they have been tested for diabetes. Have they had a recent blood sugar test (either fasting or two hours after a meal)? If you keep this resolution, undoubtedly during the course of the year you will help uncover at least one new case of diabetes, pre-diabetes or metabolic syndrome. You will help at least one family member, friend or co-worker to implement

the changes needed to live a normal, healthy life despite the disease.

It just isn't possible for the professionals in the diabetes field to reach the vast number of people who should be tested. We need your help. There are 9,000 on the mailing list for this *Diabetes News*. If each of you talks to just one person a month, we will reach more than 100,000 people by this time next year, encouraging them to get a simple blood test. That would really make it a Happy New Year!

Lois Exelbert, R.N., CDE
Administrator
Diabetes Care Center, Baptist Hospital



What's new in sensors?

Blood glucose meters have been around for 40 years. The meters have gotten smaller and the finger-sticking devices less painful, but the basic function is still the same — one drop of blood required each time.

A new generation of blood sensors is entering the market that no longer require a finger-stick each time blood sugar is tested.

These work by inserting a tiny electrode under the skin with a needle that is then removed. The electrode is sealed in place with a medical dressing. The electrode is good for about three days, providing a blood sugar reading every five minutes. Then it needs to be replaced.

A portable device is either worn or carried around (like a cell phone), and this device records and stores the data from the sensor. In some of the new meters, readings can be viewed continuously as well as downloaded to your computer.

This gives you a picture of what's happening to your blood sugar levels throughout the

day and night, every five minutes. What foods drive your levels way up? Which have little effect? Which cause your blood sugar levels to rise rapidly, and what causes them to rise more slowly? What happens when you exercise?

These devices are still so new that you are asked to perform a finger-stick test a few times a day to calibrate the sensor. However, that probably will change as technology improves.

Available right now are three sensors, and at least one more is awaiting FDA approval. Now on the market:

Medtronic 72-hour sensor is a professional model that can be inserted at Baptist's Diabetes Care Center or at some physician offices. It does not give you real-time blood sugar readings, but is downloaded after 72 hours and displays graphs of your blood sugars that were obtained every five minutes. If you keep a log of what you were eating and what you were doing at various times over the three days, it provides an eye-opening insight into your personal metabolism. Some insur-

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Test Your Diabetes IQ *Continued from page 1*

possible injury, a person with diabetes should never walk barefoot, even at home.

Q. *Swimming is a good exercise for people with loss of feeling in the feet.*

A. True. Non-weight-bearing exercises such as swimming, water-walking and cycling are good choices. Weight-bearing exercises such as jogging, running and tap dancing are not appropriate for people without normal sensation in their feet.

Q. *It's important for everyone who takes insulin to carry a Glucagon injection kit to combat severe low blood sugar.*

A. False. Most people with diabetes know when they are having a low blood sugar reaction. They feel clammy or break into a cold

sweat, and they can combat it with juice or another fast-acting carbohydrate. But there are people who do not get symptoms – who cannot tell when their blood sugar is dangerously low – and they can pass out. For them, the Glucagon injection kit, and the presence of someone who knows how to use it, can be a life-saver.

Q. *Green peas, lentils, garbanzo and kidney beans are high in carbohydrates.*

A. True. Each half-cup of green peas, lentils, garbanzo or kidney beans has 15 grams of carbohydrates, and also is a great source of fiber.

Q. *Drinking unsweetened fruit juice will not significantly raise your blood sugar level.*

A. False. Unsweetened fruit juice has the natural sugar of fruit and will raise your blood sugar level.

Q. *If your fasting blood sugar is around 120 every morning, your blood sugar levels during the day are fine, too.*

A. False. Blood sugar levels change continuously based on food intake, activity level and effectiveness of medication. You must check blood sugar levels at various times during the day to know what is happening, and whether adjustments in medication or diet are needed.

Q. *If you have a fever, feel sick, lose your appetite and don't eat much, you should take less diabetes medication, or your blood sugar will go too low.*

A. False. The stress of an illness interferes with the action of insulin (produced by your pancreas or injected) and the blood sugar could rise to very high levels. Because of this, you actually could need more medication than when you are not sick. Continue taking your diabetes medication as usual, check blood sugar frequently, and contact your doctor or diabetes team for more-specific instructions.

How did you do? If you feel your diabetes education can use some improving, call the Diabetes Care Center at Baptist Hospital at **786-596-3696** or South Miami Hospital at **786-662-5168**.

Maria Gough, R.N., CDE

Nurse Manager

Diabetes Care Center, South Miami Hospital

What's new in sensors? *Continued*

ance companies cover the \$200 cost for this service.

Medtronic Guardian is approved for people over age 18 and is intended for home use. It is made to be used with an insulin pump. It actually “talks” to the Medtronic insulin pump and directs insulin to be released automatically as needed. The device costs about \$2,000 and each sensor, which lasts about 72 hours, is \$35 to \$40. This may be covered entirely or partially by insurance.

DexCom STS is also for those over 18 and also for home use. It can be used whether or not the patient uses an insulin pump. Initial outlay is about \$800, and the sensors also are \$35-\$40 each.

Abbot Freestyle Navigator awaits FDA approval.

These devices provide information that can be obtained in no other way, testing 12 times an hour instead of the usual three to six times a day. If your insurance company won't cover a home sensor, come in to the Diabetes Care Center and try the 72-hour sensor. You probably will be amazed and surprised at the readings, and will change your eating habits as a result. To make an appointment or for more information, call **786-596-3696**.



Diabetes NEWS

Support group meetings

All programs are free unless otherwise indicated.

SOUTH MIAMI HOSPITAL — Victor E. Clarke Education Center, U.S. 1 and SW 62 Avenue. Call **786-662-5168** to register.

Diabetes Support Group — 3-4 p.m., first Wednesday of the month, Classroom A.

BAPTIST HOSPITAL — 8900 N. Kendall Drive. Call **786-596-3696** to register.

Supermarket Tour — Tour the supermarket with an expert from the Baptist Hospital Diabetes Care Center and learn to read food labels and make wise food choices. Second Wednesday of each month from 6 to 7:30 p.m. at the Publix at 107th Avenue and Kendall Drive. Cost is \$50.

BAPTIST CHILDREN'S HOSPITAL — 8900 N. Kendall Drive.

Parent/Child Support Group — For families newly diagnosed with diabetes, this free support group meets the first Wednesday of every other month from 6:30 to 8 p.m. in the Diabetes Care Center classroom, 3 Main West, at Baptist

Hospital. **Gary X. Lancelotta, Ph.D.**, and **Judy Waks, R.N., CDE**, lead the group. For more information or to register, call **786-596-3696**.

Teen/Preteen Support Group — A 10-week support series for teens and preteens, led by **Gary X. Lancelotta, Ph.D.**, and **Debbie Gillman, R.N.** A \$50 fee covers both participation and a required initial screening by the psychology staff. For information about times and dates, call **786-596-3696**.

HOMESTEAD HOSPITAL — 160 NW 13 St., Homestead. Call **786-596-3696** to register.

Diabetes Support Group — 6-7 p.m., first Tuesday of the month, Education Center.

MARINERS HOSPITAL — 91550 Overseas Highway, Tavernier. Call **305-434-3700** for more information.

Diabetes Care Center at Mariners Hospital offers a comprehensive program to help patients manage their disease. The program includes one-on-one counseling by certified diabetes nurse educators, registered dietitians and exercise physiologists, as well as classroom sessions in which patients learn about diabetes treatments and how to prevent serious complications. The center is located in Suite 206 of the Tassell Medical Arts Building, on the Mariners Hospital campus.

Available online. You can read *Diabetes News* online, or sign up for the newsletter, both in English and in Spanish, at the Baptist Health website, www.baptisthealth.net. Call **786-596-3696** if you would like a friend to receive future issues of *Diabetes News*.

Diabetes News is published quarterly for the friends of Baptist-South Miami Diabetes Care Centers. The Centers are recognized by the American Diabetes Association. If you'd like to make an appointment at any of our convenient locations, call **786-596-3696** at Baptist Hospital, **786-662-5168** at South Miami Hospital or **305-434-8200** at Mariners Hospital. For a referral to a physician specializing in diabetes care, call the Physician Referral Service at **786-596-6557**. You can also visit us online at www.baptisthealth.net. If you prefer not to receive future issues of *Diabetes News*, please call us at **786-596-6534**, or e-mail diabetes@baptisthealth.net.



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